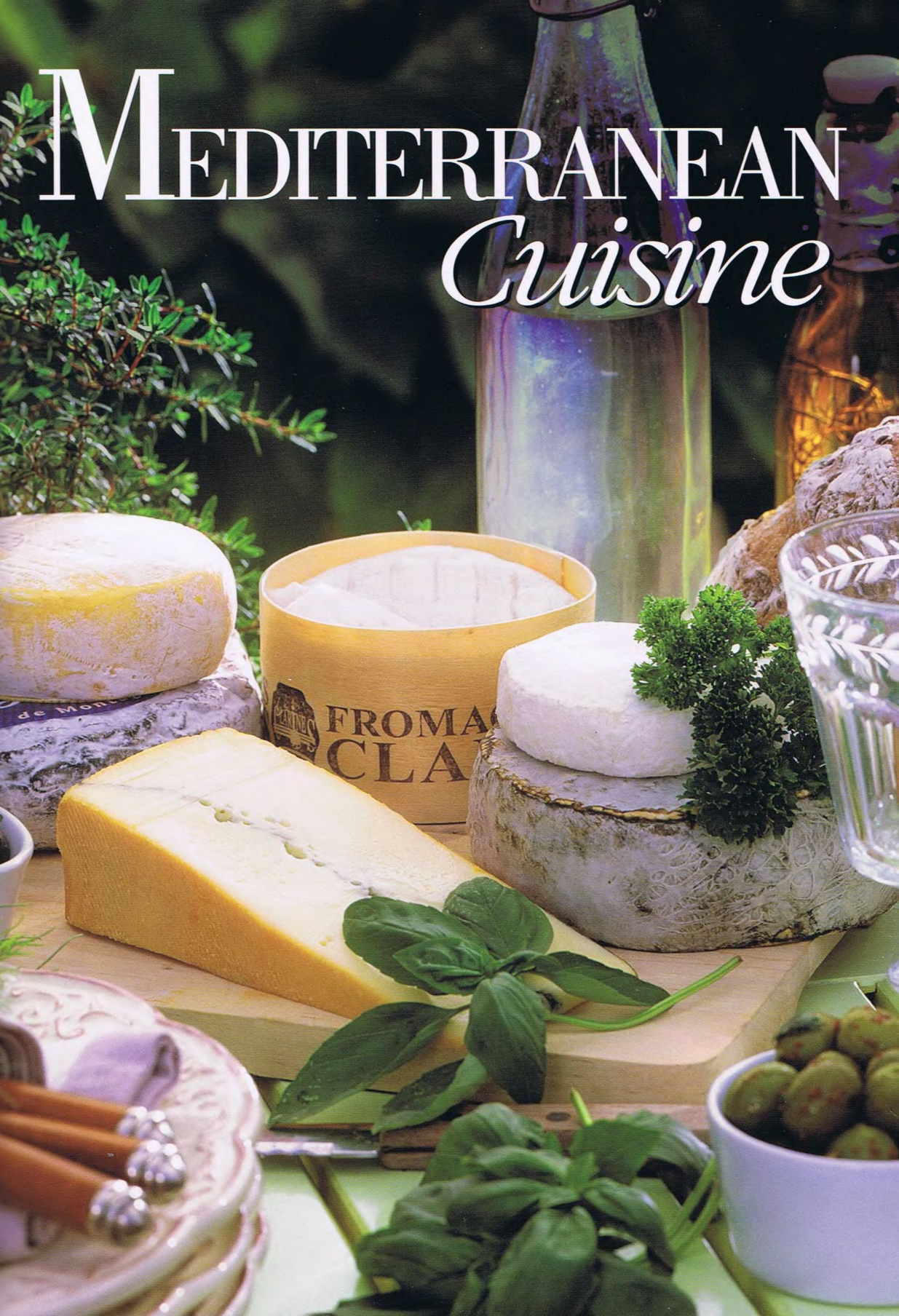
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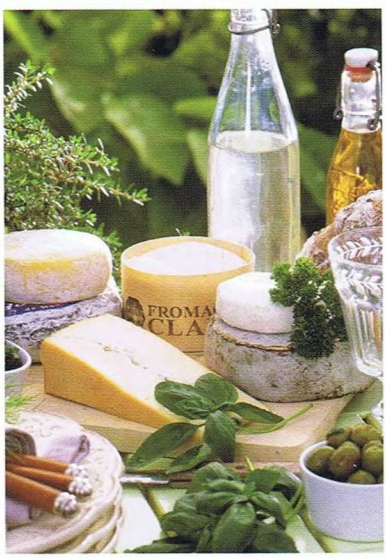

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NB: Recipes using uncooked eggs or meat or fish should be avoided by infants, the elderly, pregnant women and anyone suffering from an illness.

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Mediterranean antipasti with almonds, pesto and white wine

Serves 4

Ingredients

For the peppers

- 12½oz (400g) red peppers
- 12½oz (400g) yellow peppers
- 2 cloves garlic, finely chopped
- 1¼fl oz (40ml) white balsamic vinegar
- 2fl oz (60ml) rapeseed oil
- 1tsp (5ml) freshly chopped thyme
- ½tsp (2½ml) sugar
- Sea salt & freshly ground pepper as desired
- 1½oz (50g) toasted flaked almonds

For the fennel

- 25oz (800g) fennel
- 1 onion, diced
- 3 vine tomatoes
- 2 cloves garlic, finely chopped
- 1¼fl oz (40ml) white balsamic vinegar
- 1fl oz (30ml) white wine
- 2fl oz (60ml) rapeseed oil
- 1tbsp (15ml) chopped fennel leaves
- ½tsp (2½ml) sugar
- Sea salt as desired
- Red pepper as desired
- 1½oz (50g) toasted flaked almonds

For the courgettes in almond tempura

- 12½oz (400g) yellow or green courgettes
- Sea salt as desired

For the batter

- 1 egg
- 11-13fl oz (350-400ml) cold water
- 2½oz (80g) rice flour and 3½oz (100g) wheat flour
- 1½oz (50g) ground almonds
- 1oz (30g) almonds, flaked
- Sea salt as desired
- ¼tsp (1ml) ground coriander

For the rocket and almond pesto

- 4oz (125g) lightly toasted almonds
- 2 cloves garlic
- 7oz (220g) rocket
- 2oz (60g) parmesan
- 16fl oz (½ litres) rapeseed oil
- Salt & pepper as desired
- Lemon juice to taste

Method

For the peppers

Halve and deseed the peppers and bake in the oven at 375°F (190°C) until the skin blisters. Skin the peppers and cut the flesh into even-sized pieces. Mix the vinegar with the sugar and salt, stir in the chopped garlic, thyme and oil and pour over the peppers. Marinate in the refrigerator for at least 1 hour. Sprinkle with toasted flaked almonds to serve.

For the fennel

Trim and wash the fennel, peel off the outside leaves and cut the bulb into even-sized pieces. Heat the rapeseed oil in a frying pan and sauté the fennel with the onions and garlic until the onions are soft. Add the sugar and salt and deglaze with the white wine and vinegar. Boil to reduce slightly. Transfer to a dish, add the rest of the ingredients and leave to stand in the refrigerator for at least 1 hour. Make a slit in each tomato, scald in boiling water, then immediately refresh in iced water. Then skin, quarter, deseed and dice finely. Before serving carefully stir in the diced tomatoes and sprinkle with toasted almonds.

For the courgettes in almond tempura & the batter

Wash the courgettes, cut off the ends and cut into even slices ¼in (6mm) thick.

Make the tempura batter: first beat the egg with the water and seasonings, then gradually add the flour. Leave to rest for about 30 minutes. Fold in the almonds before frying. Either dry the courgettes or dust with wheat flour, then spear on a wooden skewer, dip in the batter and deep-fry in hot fat. Drain on absorbent paper.

For the rocket and almond pesto

Put all the ingredients into a liquidiser and puree at a medium speed. Season to taste.

Stuffed aubergines

Serves 4

Ingredients

- 4 aubergines
- 1 onion
- 1 green pepper
- 1 chilli
- 6½oz (200g) minced beef
- 6½oz (200g) feta cheese
- 1 clove garlic
- Salt & freshly ground pepper as desired
- Cayenne pepper
- Olive oil

Method

1 Halve and hollow out the aubergines and dice 3½oz (100g) of the hollowed-out aubergine flesh. Finely dice the onion and the green pepper. Finely chop the chilli and garlic. Dice the feta cheese and mix with the mince and the vegetables. Season with salt, pepper and cayenne pepper.

2 Stuff the aubergines with the mixture. Place in an oiled baking dish, pour a little olive oil and bake in a preheated oven 350°F (180°C) for about 35 minutes.

Fried bread with tomatoes, basil and parmesan shavings

Serves 4

Ingredients

- 1 ciabatta loaf
- Butter
- Olive oil
- 1 finely chopped garlic clove
- 5 ripe tomatoes
- 1 bunch fresh basil
- 1½oz (50g) grated parmesan
- Salt as desired
- Pepper as desired
- Sugar

Method

Slice the bread. Heat the butter in a frying pan and fry the bread until golden brown. Cool on absorbent paper. Heat the olive oil in the same frying pan. Add the garlic, then add the chopped tomatoes. Heat until the tomato cooks down to a confit (with the consistency of jam) and season with salt, pepper and sugar. Add fresh basil and finally stir in the parmesan. Spread on the fried bread while still warm. Top with parmesan shavings.

Fish kebabs with bay leaves

Serves 4

Ingredients

For the kebabs

- 16oz (500g) fish with firm, white flesh; preferably swordfish, cut into slices at least ¾-1¼in (2-3cm) thick
- Juice of 1 lemon
- 4tbsp (60ml) olive oil
- 1tsp (5ml) ground paprika, sweet
- Salt as desired
- Freshly ground pepper
- 16 fresh (or dried) bay leaves
- 1 lemon, cut into quarters
- Metal skewers

For the sauce

- 3½oz (100g) walnut kernels (bitter skin removed)
- 3 cloves garlic
- ½tsp (2½ml) coarse sea salt
- 2 slices white bread, crusts removed
- 5fl oz (150ml) cold pressed olive oil
- Juice of 1 lemon

Method

For the kebabs

1 Cut the fish into 1in (2½cm) cubes and put into an earthernware vessel. Whisk together the lemon juice and the olive oil. Add the paprika and plenty of salt and pepper. Pour this marinade over the fish and turn to coat evenly. Marinate in a cool place for at least 4 hours, or even, overnight.

2 Pour boiling water over the fresh bay leaves and leave to soak for 1 hour, then drain. Dried bay leaves can be used as they are.

For the sauce

1 Crush the walnuts to a paste with the garlic and salt. Traditionally this is done with a pestle and mortar, and this method still gives the best results; however it is much quicker to use a food processor.

2 Soak the bread briefly in water and squeeze out well. Mix the walnut paste and the bread with the back of a wooden spoon. Mix the olive oil with the lemon juice and gradually stir this into the walnut mixture to produce a smooth sauce.

To grill the kebabs, light the barbecue and wait until the charcoal is glowing. If using an electric grill, preheat it to a medium setting. Thread the cubes of fish onto skewers, interspersing the fish with bay leaves at intervals.

Grill the fish for 12-15 minutes, turning several times and brushing frequently with the marinade. Serve with the lemon quarters and the walnut paste.

Cuttlefish salad with cherry tomatoes and basil

Serves 4

Ingredients

- 12½oz (400g) cleaned cuttlefish (or squid)
- 9½oz (300g) courgettes
- 4tbsp (60ml) olive oil
- Salt & pepper as desired
- 3½oz (100g) cocktail tomatoes

Dressing ingredients

- 1 clove garlic
- 1½oz (50g) onion
- 1¼oz (40g) black olives, stoned
- 1 small peperoncino (chilli)
- 3½oz (100g) red pepper
- Salt & pepper as desired
- 4-5tbsp (60-75ml) olive oil
- 1tbsp (15ml) finely chopped herbs (parsley, thyme, basil)
- 1tbsp (15ml) Aceto Balsamico di Modena
- 1tbsp (15ml) Aceto Balsamico bianco

Method

Pull the tentacles out of the body and separate just above the eyes so that they remain connected by a narrow ring. Remove the beak and the cuttlebone and wash the pouch (mantle). Cut the pouch into ¼in (6mm) rings. Cut the ends off the courgettes and cut into sticks 2in (5cm) long and ¼in (6mm) thick. Heat 2tbsp (30ml) oil in a frying pan, add the cuttlefish and fry quickly. Season and take out of the pan. Heat the rest of the oil in the pan, add the courgettes, fry for 2-3 minutes and season. Put both into a bowl. Halve the tomatoes and add to the bowl.

For the dressing

2 Peel and finely chop the garlic and onion. Cut the olives into strips. Trim and core the pepper and dice the flesh very finely. Remove the seeds from the peperoncino and chop finely. Mix all the dressing ingredients with the vinegars, oil, herbs and seasonings. Pour over the cuttlefish rings, mix and leave to marinate for 1 hour. Serve with bread slices.

Summer salad with bread and feta cheese

Serves 4

Ingredients

- 4 red onions
- 1 cucumber
- 8 medium-sized tomatoes
- Fresh parsley
- Olive oil, cold pressed
- Salt as desirerd
- Freshly ground pepper as desired
- 8oz (250g) feta cheese
- 1 flatbread

Method

1 Peel the onion and cut into rings (not too thin). Wash the tomatoes and cut into wedges. Roughly chop the parsley. Cut the feta cheese into bite-size chunks. Wash the cucumber and slice thinly without peeling. Mix all the ingredients and arrange on 4 plates. Break the bread into small pieces and scatter over the salad. Season with salt and plenty of pepper, sprinkle each plate of salad with 3-4tbsp (45-60ml) olive oil and serve.

Mediterranean salad with baked goat's cheese

Serves 4

Ingredients

- 12½oz (400g) green asparagus
- 1 bunch rocket
- 6½oz (200g) cherry tomatoes
- 3½oz (100g) large black olives
- 3tbsp (45ml) white balsamic vinegar
- 5tbsp (75ml) olive oil
- Salt & freshly ground pepper as desired
- 4 slices of round goat's cheese [approx. ¾in (2cm) thick]
- 4 slices of baguette

Method

1 Wash the asparagus, peel the lower third of the spears and cut off the hard ends. Cut the spears in half and cook in boiling, salted water for about 10 minutes. Drain, refresh in cold water and drain thoroughly.

2 Wash and sort the rocket, dry and break into smaller pieces if necessary. Wash and halve the tomatoes.

3 Mix the vinegar with 4tbsp (60ml) olive oil, salt and pepper.

4 Toast the baguette slices in a hot oven 450°F (220°C). Take out and put a slice of goat's cheese on each baguette slice. Sprinkle with the rest of the olive oil, season with pepper and return to the oven. Bake until the cheese is beginning to melt.

5 Arrange the rocket, asparagus, tomatoes and olives on plates, sprinkle with the salad dressing and top each with a toasted cheese baguette.

Mediterranean vegetable stew with stockfish dumplings

Serves 4

Ingredients

For the vegetable stew

- 1 red and 1 yellow pepper
- 5oz (150g) fennel bulb
- 4oz (120g) carrots
- 3½oz (100g) celery
- 1 red onion
- 3½oz (100g) green courgettes
- 2½oz (80g) peas (fresh or frozen)
- 10 cherry tomatoes
- 1 clove garlic
- 2tbsp (30ml) olive oil
- 1 red chilli
- 2tbsp (30ml) finely chopped herbs (parsley, chives, tarragon)
- Approx. 32-48fl oz (1-1½ litres) vegetable or fish stock
- Salt & pepper as desired

For the stockfish dumplings

- 8oz (250g) soaked stockfish (dried cod) without skin or bones
- 5-6½fl oz (150-200ml) cream
- 1 egg
- 4tsp (20ml) sherry
- ½tsp (2½ml) lemon juice
- A dash of tabasco

For the dumpling cooking liquid

- Salted water
- 2 sprigs thyme
- Champagne or white wine vinegar

Method

For the vegetable stew

Quarter the peppers and remove the stalks, seeds and white inner membranes. Trim the fennel and celery, peel the carrots and onions and cut the ends off the courgettes. Cut all the vegetables into approximately 1½in (4cm) strips. Halve the tomatoes. Peel and slice the garlic and fry in olive oil. Set aside. Remove the stalk from the chilli and cut the chilli into rings, removing the seeds in the process. Put all the vegetables (except the peas, courgettes and tomatoes) into a large pan with the stock and cook until soft. Add the peas and courgettes 5 minutes, and the tomatoes and chilli 2 minutes before the end of the cooking time. Add the garlic and the oil it was fried in, salt, pepper and herbs.

For the stockfish dumplings

Dice the fish and chop roughly in a food processor. Chill the cream and fish separately in the freezing compartment, then puree the fish, at the same time gradually adding the ice-cold cream and the egg, to produce a glossy, compact mixture. Strain through a fine sieve. Important: stand the bowl containing the dumpling mixture in a bowl of cold water throughout. Season to taste with lemon juice, tabasco and sherry. Shape into dumplings using two spoons and cook very gently in the cooking liquid for 10-12 minutes.

Ladle the stew onto plates and add the stockfish dumplings.

Tip Soak the stockfish in cold water for at least 24 hours, changing the water several times to reduce the salt content of the fish. Weigh after soaking.

Turkish celeriac and carrot salad

Serves 4-6

Ingredients

- 1 large celeriac bulb [approx. 22½oz (700g]
- 1 halved lemon
- 1 grated carrot
- 2 medium-sized tomatoes, quartered
- 1 lettuce
- 4tbsp (60ml) roughly chopped parsley
- 2tsp (10ml) ground cumin
- 4tbsp (60ml) mayonnaise
- 2tbsp (30ml) lemon juice
- Salt as desired
- Freshly ground black pepper as desired

Method

1 Peel the celeriac and remove the stalks and roots. Halve the celeriac, rub the cut surfaces with the halved lemon to prevent it discolouring and cut into julienne strips. Put into a bowl and add the grated carrots, parsley, cumin, mayonnaise and lemon juice. Season with salt and pepper. Mix well, cover and chill for at least 30 minutes. Serve the celeriac salad on a bed of lettuce and garnish with tomatoes.

This salad is a good accompaniment to grilled food, meat, fish or poultry.

Smoked fish salad with vegetables, bread and egg

Serves 4

Ingredients

- 2 smoked mackerel fillets
- 6½oz (200g) green beans
- 2 large tomatoes
- 5oz (150g) small white beans (canned)
- 2½oz (80g) black olives
- 4 boiled eggs (with 'waxy' yolks)
- 8 slices baguette

For the vinaigrette

- 2tbsp (30ml) white wine vinegar
- 6tbsp (90ml) olive oil
- 1tsp (5ml) mustard
- Salt & pepper as desired
- 1tbsp (15ml) finely chopped basil

In addition

- Basil to garnish

Method

1 Wash the beans and cook in boiling, salted water for about 10 minutes. Drain, refresh in cold water and drain thoroughly. Wash and slice the tomatoes. Drain the canned beans and rinse in cold water.

2 Toast the baguette slices and put two slices on each plate. Break the mackerel fillets into bite-sized pieces. Arrange all the prepared ingredients on the baguette slices. Beat together all the vinaigrette ingredients and sprinkle over the salad.

3 Shell and halve the eggs and add to the salad. Garnish with olives & basil.

Calamari risotto

Serves 4

Ingredients

- 12½oz (400g) risotto rice (Carnaroli or Arborio)
- 2 white onions, finely chopped
- 3 cloves garlic, finely chopped
- 2 carrots, diced
- 7-8 ripe tomatoes, skinned, deseeded and diced
- 9½oz (300g) small calamari (cuttlefish or squid), cleaned and prepared
- Salt as desired
- Freshly ground pepper as desired
- 5tbsp (75ml) black olives, deseeded and cut into strips
- Fresh basil leaves, cut into strips
- 6½fl oz (200ml) white wine
- 16fl oz (500ml) fish stock
- 10fl oz (300ml) hot water
- 4-5tbsp (60-75ml) olive oil
- 2tsp (10ml) butter

Method

1 Heat 4-5tbsp (60-75ml) olive oil in a pan and gently fry the onion and the garlic until translucent. Add the carrots and sauté briefly.

2 Stir in the rice. When the rice has absorbed all the liquid, add the white wine and heat until evaporated. Then add 1 ladleful of fish stock and simmer over a medium heat, stirring, until it is almost all absorbed. Keep adding the fish stock in this way until it is all used up. Then continue with water (you may need more than indicated in the recipe).

3 Stir in the cuttlefish and tomatoes, and simmer the risotto, stirring, until the rice is cooked but 'al dente'. Remove the pan from the heat and season with salt and pepper.

4 Stir in the basil, olives and 2tsp (10ml) butter and serve immediately. This dish goes well with a glass of red wine.

Chicken with lemons and herbs

Serves 4

Ingredients

- 1 cleaned chicken, approx. [48oz (1½ kg)]
- 4 cloves garlic
- 1tsp (5ml) coarse sea salt
- 1½oz (50g) softened butter
- 1 red peperoncino (chilli)
- 1tbsp (15ml) olive oil

Marinade ingredients

- 1½fl oz (50ml) lemon juice
- 6½fl oz (200ml) orange juice
- 3fl oz (100ml) olive oil
- 2tbsp (30ml) lemon liqueur e.g. Limoncello
- 1tbsp (15ml) finely chopped parsley
- Zest of 1 untreated lemon

Method

1 Joint the chicken into 12 pieces. Peel and finely dice the garlic. Halve the peperoncino, remove the stalk, seeds and inner membranes and finely chop the flesh. Mix the garlic, salt, butter and peperoncino in a bowl. Rub the chicken pieces on all sides with the mixture.

2 Heat the olive oil in a flameproof roasting dish and quickly sauté the chicken pieces. Put into a preheated oven 375°F (190°C) and roast for about 40-45 minutes, basting frequently with the roasting juices.

3 Put the marinade ingredients into a large, deep bowl and mix well. Add the hot, roast chicken pieces and turn to coat in the marinade.

4 Serve with ciabatta.

Tuna steak with lemons and olives

Serves 4

Ingredients

- 4 fresh tuna steaks [each weighing about 4oz (120g)]
- 5 untreated lemons
- 7tbsp (105ml) olive oil, cold pressed
- Salt as desired
- Freshly ground pepper as desired
- ½ bunch parsley, roughly chopped
- 6tbsp (90ml) green olives in oil

Method

1 Season the tuna steaks with salt and pepper and sprinkle with the juice of 2 lemons and 4tbsp (60ml) olive oil. Leave to marinate for 1 hour. Wash the rest of the lemons and cut into wedges.

2 Drain the tuna steaks and fry in a hot frying pan, without adding any oil, for 1-2 minutes each side. Take the steaks out of the pan and put onto plates.

3 Heat 3tbsp (45ml) olive oil and the rest of the marinade in the hot frying pan and quickly sauté the lemon wedges. Remove the pan from the heat and squeeze the lemon wedges lightly with a fork.

4 Arrange the lemon wedges on the plates with the tuna steaks and drizzle each serving with a little of the hot lemon oil. Season with salt and plenty of pepper. Sprinkle with parsley and serve immediately garnished with 2-3 olives.

Pasta with creamed peppers and cottage cheese

Serves 4

Ingredients

- 1 large red pepper
- 2 onions
- 2tbsp (30ml) olive oil
- 2tsp (10ml) rose paprika (spicy)
- 2tsp (10ml) sweet paprika
- 4tbsp (60ml) sour cream
- Salt as desired
- 2tbsp (30ml) snipped chives
- 4tbsp (60ml) cottage cheese
- 12½oz (400g) short tubular pasta

Method

1 Wash, trim, halve and deseed the pepper, remove the white membranes and cut the flesh into thin strips. Peel the onions and cut into strips.

2 Heat the oil in a pan and sauté the pepper and onions until soft. Stir in the two kinds of paprika.

3 Cook the pasta in plenty of boiling, salted water until 'al dente'.

4 Add 1 cup of the pasta water to the peppers, cover with a lid and simmer for 3-4 minutes. Stir in the sour cream and season with salt. Mix the pasta with the pepper sauce, add the cottage cheese and chives and serve.

Fried rice with vegetables

Serves 2

Ingredients

- 5oz (150g) long-grain rice
- Salt as desired
- ½ small aubergine
- 1 baby courgette
- 1 small red pepper
- 3½oz (100g) cocktail tomatoes
- 1 sprig rosemary
- 2 sprigs thyme
- 2 sage leaves
- 4 cloves garlic
- 4tbsp (60ml) olive oil
- Freshly ground pepper as desired
- 4tbsp (60ml) freshly grated parmesan

For the fried eggs

- 1tbsp (15ml) butter
- 2 eggs
- Salt as desired
- Chilli powder
- 2tbsp (30ml) freshly grated parmesan

Method

1 Wash and drain the rice, and bring to a boil in salted water that is twice the amount of the rice cooked (measure with a cup). Cook very gently over a low heat for about 15 minutes. Transfer to a bowl and leave to cool completely.

2 Wash and clean the vegetables. Dice the aubergine and courgette and cut the pepper into strips. Halve the tomatoes. Rinse the herbs, dry and chop finely. Peel and finely chop the garlic.

3 Heat a wok or frying pan and add 2tbsp (30ml) oil. When the oil is hot add the rice and fry without stirring over a high heat for 3 minutes. Then stir and fry for a further 1-2 minutes. Transfer the rice to a dish, cover and keep warm.

4 Heat the remaining oil and fry the aubergines, courgette and pepper for 4-5 minutes. Add the herbs and garlic and fry for a further 1-2 minutes. Season the vegetables with salt and pepper. Stir in the rice, tomatoes and cheese, cover with a lid and leave until ready to serve.

5 For the fried eggs, melt the butter in a frying pan. Break the eggs into the pan and fry over a medium heat, until they begin to set. Season with salt and chilli powder and sprinkle with the cheese. Fry a little longer, until the egg yolk is cooked. Serve the fried eggs over the rice.

Vegetable lasagne

Serves 4

Ingredients

- 2 carrots
- 2 sticks celery
- 2 courgettes
- 1 small aubergine
- 1 red and 1 yellow pepper
- 2 leeks
- 16oz (500g) tomatoes
- ½ bunch thyme
- 4 cloves garlic
- 4tbsp (60ml) olive oil
- Salt as desired
- Chilli powder

For the Béchamel sauce

- 4tbsp (60ml) butter
- 4tbsp (60ml) flour
- 24fl oz (750ml) milk
- Salt as desired
- Freshly ground pepper
- Freshly grated nutmeg

In addition

- 8oz (250g) lasagne sheets
- 2 balls mozzarella
- 3½oz (100g) freshly grated parmesan or pecorino
- Olive oil for sprinkling

Method

1 Wash and prepare the vegetables as appropriate for each type. Finely dice the carrots, celery, courgettes, aubergine and peppers. Cut the leeks into strips. Drop the tomatoes into boiling water for a few seconds, then skin and dice finely. Rinse the thyme, dry and strip the leaves from the stalks. Peel and finely chop the garlic.

2 Heat the olive oil in a pan and sauté the vegetables (apart from the tomatoes) for a few minutes, stirring constantly. Add the thyme and garlic and then the tomatoes. Season with salt and chilli powder and simmer over a medium heat, without a lid, for about 15 minutes.

3 For the Béchamel sauce, melt the butter in a pan. Sprinkle the flour and stir over a medium heat without browning. Now gradually whisk in the milk. Turn down the heat and simmer the sauce without a lid for 10 minutes, until it thickens. Season to taste with salt, pepper and nutmeg.

4 If the lasagne needs to be precooked, cook according to the instructions on the packet, drain in a sieve, refresh in cold water and drain thoroughly. Thinly slice the mozzarella.

5 Preheat the oven to 350°F (180°C [fan-oven 325°F(160°C)]. Take a large baking dish and build up the lasagne in layers: Béchamel sauce, lasagne sheets, vegetables, mozzarella, parmesan, Béchamel sauce, and so on until all the ingredients are used up. Finish with Béchamel sauce and parmesan. Sprinkle the lasagne with a little oil and bake in the hot oven for about 45 minutes, until a nice golden brown crust has formed. Serve hot.

Baked risotto with green asparagus

Serves 4

Ingredients

- 1 onion
- 8oz (250g) green asparagus
- 3tbsp (45ml) oil
- 6½oz (200g) risotto rice (Arborio or Carnaroli)
- 32fl oz (1 litre) vegetable stock
- Salt as desired
- Pepper as desired
- 4oz (125g) mozzarella
- 2 eggs
- 1½oz (50g) freshly grated parmesan

Method

1 Peel and finely chop the onion. Wash and trim the asparagus. Peel the lower third of the spears if necessary. Cut each spear into three.

2 Heat 2tbsp (30ml) oil in a pan and sauté the onion until translucent. Add the asparagus and fry briefly.

3 Sprinkle in the rice and sauté until translucent. Add 4fl oz (125ml) vegetable stock and cook until almost absorbed. Season the risotto with salt and pepper. Then, over a low heat, add 16fl oz (500ml) vegetable stock, a ladleful at a time, adding more when the last ladleful has been absorbed. Continue until the rice is swollen and the liquid is absorbed. This will take about 15-20 minutes. Add more stock if necessary.

4 Meanwhile preheat the oven to 400°F (200°C). Brush a deep baking dish with the rest of the oil.

5 Finely dice the mozzarella. Separate the eggs. Beat the egg whites until stiff. Stir the egg yolks into the risotto, then carefully stir in the beaten egg whites.

6 Put one third of the risotto into the prepared dish and sprinkle with half of the mozzarella and parmesan. Put another third of the risotto into the dish and sprinkle with the rest of the cheese. Spread the remaining risotto on top. Bake in the preheated oven [fan oven 350°F (180°C)] for 50-60 minutes, until golden brown.

Fettuccine with tomatoes and fresh basil

Serves 4

Ingredients

- 12½oz (400g) fettuccine
- 12½oz (400g) tomatoes
- ½ bunch basil
- 5tbsp (75ml) olive oil
- Salt as desired
- Freshly ground pepper as desired

Method

1 Wash, halve and deseed the tomatoes and chop into small pieces. Season the tomatoes with salt and pepper. Pick the basil leaves from their stalks and tear into smaller pieces.

2 Cook the fettuccine in boiling, salted water with 2tbsp (30ml) olive oil, until 'al dente'. Then drain, reserving a large cupful of the cooking water.

3 Tip the hot pasta into a bowl, add the tomatoes, the rest of the olive oil, the pasta cooking water and the basil and mix well. Season with plenty of pepper and serve.

Tiramisu

Serves 4

Ingredients

- 6½fl oz (200ml) espresso
- 8tsp (40ml) cognac
- 4 egg yolks
- 2½oz (80g) sugar
- 1 vanilla pod
- 16oz (500g) mascarpone
- 5oz (150g) sponge fingers
- Cocoa powder for dusting

Method

1 Mix the espresso with the cognac. Beat the egg yolks and sugar until thick and creamy. Slit open the vanilla pod and scrape the seeds into the egg mixture. Stir in the mascarpone, a spoonful at a time.

2 Line a square dish with half of the sponge fingers and sprinkle with half of the espresso. Spread half of the mascarpone on top, then add the rest of the sponge fingers, sprinkle with the rest of the espresso and cover with the remaining mascarpone cream.

3 Cover with clingfilm and put into the refrigerator for at least 2 hours. Dust thickly with cocoa before serving.

Semolina halva with fresh berries, grapes and pears

Serves 4

Ingredients

- 1tbsp (15ml) finely chopped walnuts
- 1tsp (5ml) grated lemon rind
- 1tbsp (15ml) butter
- 2¾oz (85g) durum wheat semolina
- 1tbsp (15ml) honey
- 6½fl oz (200ml) milk
- 8oz (250g) mixed fruit (grapes, plums, blackberries, pears ...)

To serve

- Ground cinnamon and lemon juice

Method

1 Heat the butter in a pan and toast the nuts over a low heat. Then add the semolina and stir over a medium heat for 5 minutes until golden brown. Stir in the honey, milk and lemon rind, cover with a lid and cook over a low heat for 10 minutes.

2 Take a longish dish with a capacity of 16fl oz (500ml) and rinse with cold water.

3 Turn the semolina into the dish, smooth the top and chill for 3 hours. Wash the fruit and leave whole or cut into smaller pieces, depending on size. Turn the semolina halva out of the dish and slice. Serve the slices on plates and garnish with fruit. Sprinkle with a little ground cinnamon and lemon juice to serve.

Tiramisu with chocolate curls

Serves 4

Ingredients

- 1½fl oz (50ml) espresso
- 2tbsp (30ml) amaretto (almond liqueur)
- 6½oz (200g) cream
- 3tbsp (45ml) sugar
- 8oz (250g) high-fat quark (curd cheese)
- 1 packet vanilla sugar
- 5oz (150g) sponge fingers
- Cocoa powder
- Approx. 1¼oz (40g) chocolate curls

Method

1 Mix the espresso with the liqueur. Whip the cream stiffly with 1tbsp (15ml) sugar.

2 Mix the quark with the vanilla sugar and the remaining sugar until creamy, stir in a little of the whipped cream, then lightly fold in the rest.

3 Spread a thin layer of the quark cream on the base of a square dish. Dip the sponge fingers into the espresso mixture for 1-2 seconds, then lay on top of the quark cream and press in lightly.

4 Add another layer of quark cream and top with sponge fingers dipped in the espresso mixture. Cover with the rest of the quark cream. Put into the refrigerator for 2 - 3 hours.

5 Shortly before serving dust thickly with cocoa powder and scatter with chocolate curls.

Conversion guide

The Conversion guide given below is not an exact equivalent but an approximation, to make your measuring easier.

Dry Measures

Imperial	Metric
½oz	15g
1oz	30g
2oz	60g
3oz	90g
4oz (¼lb)	125g
5oz	155g
6oz	185g
7oz	220g
8oz (½lb)	250g
9oz	280g
10oz	315g
11oz	345g
12oz (¾lb)	375g
13oz	410g
14oz	440g
15oz	470g
16oz (1 lb)	500g
24oz (1½lb)	750g
32oz (2lb)	1Kg

Liquid Measures

Imperial	Metric
1fluid oz	30ml
2fluid oz	60ml
3fluid oz	100ml
4fluid oz	125ml
5fluid oz (¼pint /1gill)	150ml
6fluid oz	190ml
8fluid oz	250ml
10fluid oz (½pint)	300ml
16fluid oz	500ml
20fluid oz (1pint)	600ml
1¾pints	1000ml (1 litre)

Conversion guide

Cup & Spoon Measures

Imperial	Metric
¼tsp	1ml
½tsp	2½ml
1tsp	5ml
1tbsp	15ml
¼cup	60ml
½cup	125ml
1cup	250ml

Helpful Measures

Imperial	Metric
⅛in	3mm
¼in	6mm
½in	1cm
¾in	2cm
1in	2.5cm
2in	5cm
2½in	6cm
3in	8cm
4in	10cm
5in	13cm
6in	15cm
7in	18cm
8in	20cm
9in	23cm
10in	25cm
11in	28cm
12in	30cm

Oven temperatures

	°F (Fahrenheit)	°C (Celsius)	Gas Mark
Very low	250	120	1
Low	300	150	2
Moderately low	325	160	3
Moderate	350-375	180-190	4
Moderately hot	400-425	200-210	5
Hot	450-475	220-230	6
Very hot	500-525	240-250	7

Glossary

Al Dente In cooking, the adjective 'al dente' meaning 'to the bite' in Italian describes pasta and rice that has been cooked so as to be firm but not hard. 'Al dente' describes vegetables that are cooked through but still offer resistance to the bite.

Basil The green aromatic leaves of basil or sweet basil are used fresh and dried as flavorings or spices in sauces, stews, salad dressings, vegetables, poultry, and vinegar.

Celeriac also known as 'celery root,' 'turnip-rooted celery' or 'knob celery' may be used raw or cooked and it has the celery flavor, so it is often used as a flavoring in soups and stews.

Cherry tomato is a spherical miniature tomato. The fruit is glossy red, or occasionally yellow, and typically eaten in salad.

Chives is the smallest species of the onion family. They grow in clumps and the culinary uses for chives involve shredding its leaves for use as condiment for fish, potatoes and soups. It is a common household herb, frequent in gardens as well as in grocery stores.

Cocktail tomatoes are slightly larger and in rich red colour. They are sold on the vine which makes them last longer.

Durum wheat semolina is coarsely ground grain of a hard wheat grown in arid regions, having bearded ears and yielding flour that is used to make pasta.

Fennel is a culinary herb of the parsley family, it is grown for the dried, ripe fruits or seeds. They are widely used in Indian cuisine for their warm, sweet character.

Feta Cheese is a white salty Greek cheese made from the milk of ewes or goats.

Mascarpone is a soft, mild Italian cream cheese.

Paprika is a powdered spice with a deep orange-red colour and mildly pungent flavor, made from dried and ground fruits of certain varieties of sweet pepper.

Parsley is used for its leaf in much the same way as coriander or cilantro, but has a milder flavor.

Quark (Curd cheese) is a fresh cheese made from pasteurized milk. It is soft, white and un-aged, similar to cream cheese.

Rapeseed oil is an oil obtained from rapseed, used in many foodstuffs.

Risotto rice is a traditional Italian dish made with a suitable variety of rice such as Arborio, Carnaroli or Vialone Nano.

Rocket A deliciously peppery salad plant.

Rosemary The fresh and dried leaves are used frequently in traditional Mediterranean cuisine as a herb; they have a bitter, astringent taste, which complements oily foods, such as lamb and fish.

Rose paparika is generally considered the finest variety. It is made from choice dark red pods that have a sweet flavour and aroma. It is lively red, spicy and medium coarse.

Sage is an aromatic plant with grayish-green leaves that are used as a culinary herb, native to southern Europe and the Mediterranean.

Tarragon is a small shrubby herb used as a basis for salad dressings. When using tarragon in cooked dishes, it is best to add it at the end, as heat tends to decrease its flavor. Unlike most of the other herbs, tarragon loses the potency of its flavor when dried. It is frequently preserved in vinegar to retain its essence.

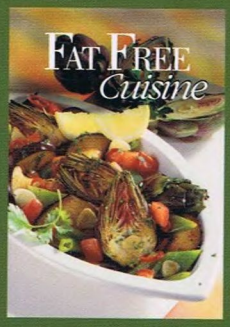
Thyme is a perennial native to the Mediterranean and is a popular culinary herb used fresh or dried.

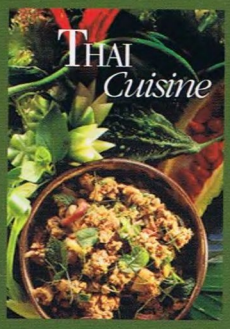
Vanilla pod is a sweetly fragrant dried, cured pods of the vanilla orchid. The pods can be used either whole or split to reveal the aromatic seeds, which can be scraped out and added to custards, sauces, and so on. The pods can then be stored in a sugar jar to impart their flavour, or they can be infused directly in custards, creams and milk puddings.

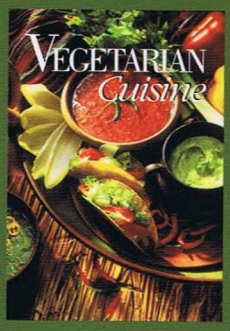
White Balsamic Vinegar is a version of Balsamic vinegar that is made with white wine vinegar and grape must (fresh pressed juice with seeds and skins). It is milder and less sweet than regular Balsamic vinegar and is often considered more suitable for use with salad dressings, since it does not have a strong flavor that can be overpowering when used on salad greens.

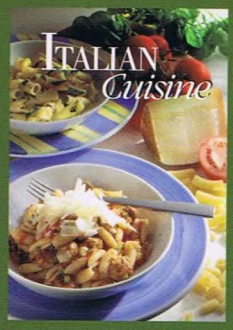
White wine vinegar is a pale, slightly pungent vinegar made from white wine. It is the base for many herb vinegars.

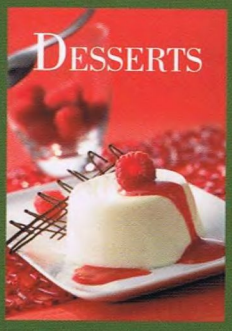
Other Berryland Cookbooks

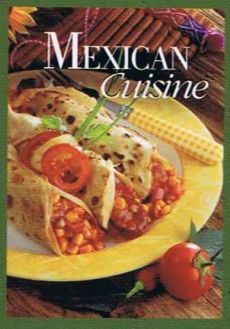


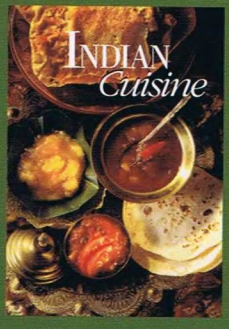


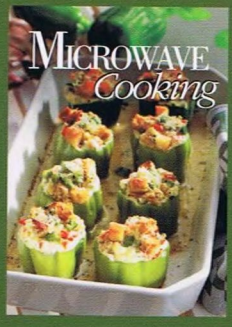












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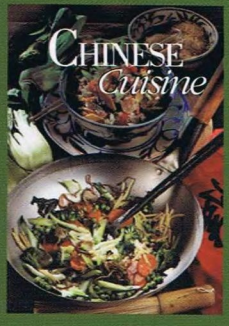

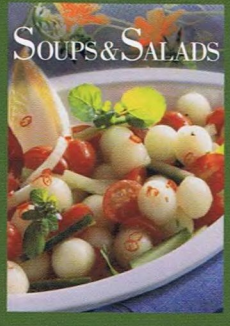

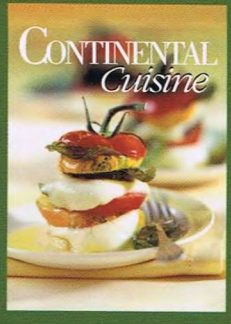

Anita Shan is an accomplished chef with many years of experience in her chosen field. Her recipes are easy to follow and her methods are fast, ensuring a fun, and enjoyable experience for all.

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